

What is claimed is:

1. A liposomal composition comprising a liposomal encapsulated aqueous solution of an effective amount of theanine.
2. The composition of claim 1 wherein said theanine is L-theanine.
3. The composition of claim 1 wherein said composition comprises an effective amount of 5-Hydroxytryptophan.
4. The composition of claim 1 wherein said theanine is present in a concentration from about 1% to about 20%.
5. The composition of claim 4 wherein said theanine is present in a concentration from about 2% to about 10%.
6. The composition of claim 2 wherein said composition comprises, in addition to said theanine and 5-Hydroxytryptophan, an additional therapeutic moiety.
7. A method of treating a subject, said method comprising sublingually administering to said subject an effective amount of a liposomal encapsulated aqueous solution of theanine.
8. The method of claim 7 wherein said theanine is L-theanine.
9. The method of claim 8 wherein said theanine is present in said composition in a concentration from about 1% to about 20%.

10. The method of claim 9 wherein said theanine is present in said composition in a concentration from about 2% to about 10%.

11. The method of claim 7 wherein said composition comprises, in addition to theanine, an effective amount of 5-Hydroxytryptophan.

12. The method of treating a subject having neurotransmitter over-stimulation by sublingually administering an effective amount of a liposomal encapsulated aqueous solution of L-theanine to said subject.

13. A spray bottle containing a liposomal encapsulated aqueous solution of theanine.